



**980S / 980HRS**

**TREADMILL**

# **OWNER'S MANUAL**

Write Down Your Model Name \_\_\_\_\_  
and  
Serial Number \_\_\_\_\_  
and  
Purchase Date \_\_\_\_\_  
for future reference here.

Keys Technical Service, (888) 340-0482

**KEYS Fitness Products, LP**  
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[www.keysfitness.com](http://www.keysfitness.com)



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# Important Safety Information



- 1) **WARNING:** Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) **WARNING:** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions *before* operation.

## SAFETY PRECAUTIONS AND TIPS

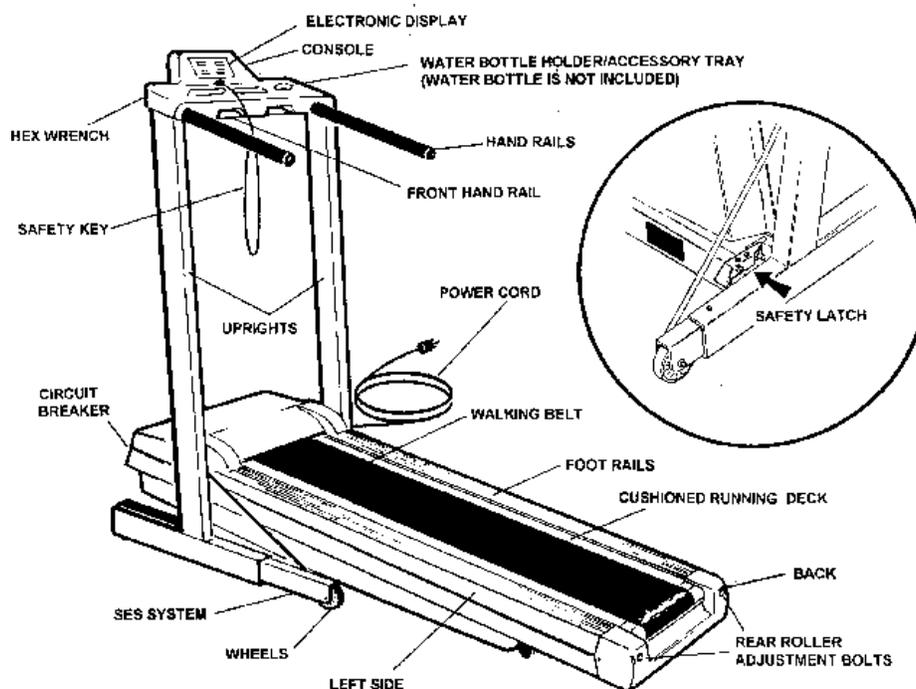
- It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.
- This treadmill has a user maximum capacity of 250 pounds.
- The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. Bodybreak recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.
- Follow safety information in regards to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Hold on to handrails when adjusting speed, incline, or other controls.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Pets should be never be allowed near or on the treadmill.
- Do not leave children unsupervised near or on the treadmill.
- Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.



# Before You Start

Thank you for purchasing a KEYS treadmill! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

- Before you start, please read the Owner's Manual and become familiar with the operation of your new treadmill.
- **Remember to take the time to perform the stretching exercises provided to avoid injury.**
- Do not stand on the walking belt while pressing the Power button or Start/Stop button.
- Always adjust the speed of the treadmill in small increments as this treadmill is capable of high speeds.
- If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.
- If you have heart problems, you are not active, and/or are over the age of 50 years, do not use the pre-set treadmill programs or start an exercise program without first contacting and receiving approval from your physician.
- To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. KEYS recommends a sealed water bottle for beverages consumed while using the treadmill.
- **Please review the following drawing below to familiarize yourself with the listed parts. This manual covers several treadmills, so the one pictured below may not be identical to your particular model.**



# Warm Up Exercises



## WARM UP FIRST !

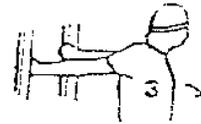
Warming up prepares the body for exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The drawings on this page show several forms of basic stretching you may perform before your workouts. Again, consult a physician before starting this or any other exercise program.



15 Seconds for each



20 Seconds



20 Seconds



25 Seconds



20 Seconds



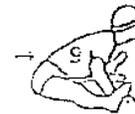
20 Seconds



30 Seconds



25 Seconds each leg



30 Seconds



20 Seconds



5 Seconds X 3 times



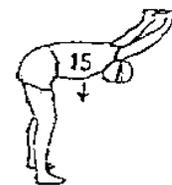
20 Seconds



25 Seconds each leg



5 Times



15 Seconds



# Assembly, Moving Instructions

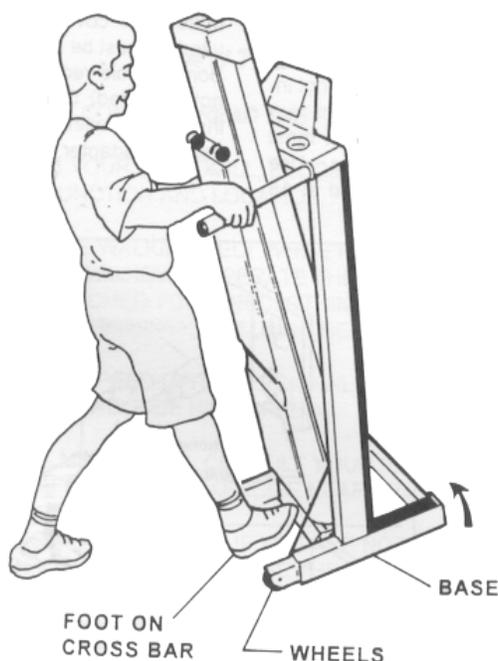
## Assembly

KEYS treadmills are shipped in one piece and fully assembled. After opening the box, remove any packing materials from the treadmill. Do not throw away any packing materials until the unit is working properly. Place the base on a clean, level surface. Make sure the electrical cord will easily reach an electrical outlet.

## Moving

**CAUTION !** TO AVOID THE RISK OF INJURY, NEVER ATTEMPT TO MOVE THE TREADMILL WHILE IT IS IN THE UNFOLDED OPERATING POSITION. TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU RAISE THE TREADMILL, LIFT USING YOUR LEGS, NOT YOUR BACK. IN ORDER TO RAISE OR LOWER THE TREADMILL SAFELY, YOU MUST BE ABLE TO LIFT 45 POUNDS (20KG). IT IS SUGGESTED YOU ALWAYS USE THE AID OF A SECOND PERSON WHEN MOVING THE TREADMILL.

With the treadmill in the folded locked position (safety latch is engaged), grasp the handrails and place one foot on base as shown in the illustration below. Next, with a firm grasp on handrails, place one foot on the center of the base crossbar and carefully tilt the treadmill back until it rolls freely on the wheels. Using extreme caution, move the treadmill to the desired location. To set the treadmill down, place one foot on the center of the base crossbar and carefully lower treadmill onto base in resting position. Do not attempt to move the treadmill over an uneven or rough surface.





# Power Requirements

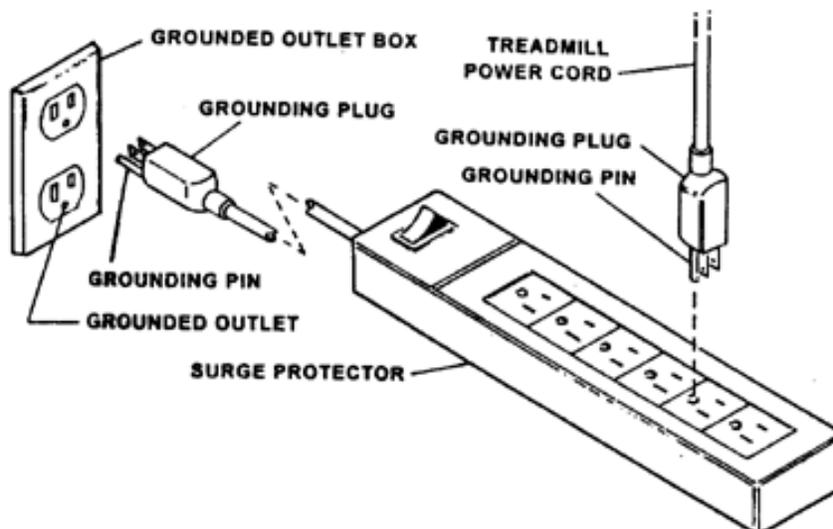
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating of 120VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing (1) below.



# Console Functions and Descriptions



There are either four or five display windows on the control panel to provide feedback information.

## TIME WINDOW

- **TIME:** Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds)
- **INTERVAL TIME:** Indicates countdown in seconds to the next interval starting at 5 seconds and counting to 0 seconds

## SPEED WINDOW

- **SPEED:** Indicates MPH (miles per hour) or KMH (kilometer per hour) in .1 increments

## DISTANCE / CALORIES WINDOW

- **DISTANCE:** Indicates Miles or Kilometers traveled in .01 increments up to 9.99 and .1 increments starting at 10.0
- **CALORIES:** Indicates estimated calories used based on 150 lb. person at the indicated speed, incline, and time

## INCLINE WINDOW

- **INCLINE:** Indicates incline in percent of grade 0-12% in 1 increments
- **PULSE** (980HRS Model Only): Indicates current heart rate
- **HEART “♥”** (980HRS Model only): Indicates control panel is receiving a signal from heart rate transmitter. Heart will blink on and off if receiving signal from Heart Rate Transmitter chest strap.

## CENTER BRICKYARD WINDOW (980HRS ONLY)

- Displays quarter mile track in Manual mode. Indicates position on track by a blink. In program mode, shows the change in speed profile across the interval range (1-10) and shows position with a blinking action.
- The 980HRS will display the name of the program selected, showing on the left hand side of the window. The LAP counter will appear in manual mode in the center of the window.



# Program and Operating Instructions

## QUICK START / MANUAL MODE

- Plug into a standard wall outlet (110-Volt AC, 15-amp circuit). Attach Safety Key to treadmill console.
- Stand on the treadmill and straddle belt.
- Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash.
- Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or – (decrease) buttons.
- **To end your workout**, press START/STOP button. Belt will gradually slow to zero.
- **To pause your workout**, press PAUSE.
- **To re-start after pausing**: Press the PAUSE button. **WARNING**: The treadmill belt will resume at the speed the treadmill was moving before pausing.
- **Countdown Time, Preset Speed and/or Incline**: Time, Speed, and Incline may be preset prior to getting started. After pressing the POWER button, the time window will blink. Use the SPEED/TIME + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED/TIME window will now be flashing. Using the same + or – arrows, select the speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or – arrows to set your workout incline, then press ENTER PROGRAM. To start, press the START/STOP button.



# Program and Operating Instructions

## PROGRAM MODE

- Plug into a standard wall outlet (110-Volt AC, 15-amp circuit). Attach RED Safety Key to treadmill console.
- Stand on the treadmill and straddle belt.
- Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash.
- There are three (3) pre-set programs on the 980S and 980HRS. Both include Fat Burn, Cardio, and Warm Up programs. The 980HRS also includes a Heart Rate Control program (see the program profiles later in this manual). Select the program by pressing the appropriate button.
- Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.
- **Each of the pre-set programs can also be customized. Follow the instructions below for your particular model.**
- **980S: Customizing programs in P1 and P2 Mode:** Each pre-set program can be customized in the P1 or P2 mode. The P1 and P2 modes allow you to save the information for future use. After making the program selection with the MODE button, the CALORIES window will read "OP." The "OP" refers to "original program" and is pre-set. Press the MODE button once more, and the CALORIE window will read P1. The "P1" mode is now accessed. You can now program the Time and Incline in P1 mode, which will save your entered information for future use. The time window will blink. Use the SPEED/TIME + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED/TIME window will now be flashing. Using the same + or – arrows, select the speed for your workout, then press ENTER PROGRAM. To start, press the START/STOP button. To access P2 mode, press the MODE until the P2 shows in the CALORIE window for your selected program. Follow the above procedure to customize.
- **980HRS: Customizing programs in P1 and P2 Mode:** Each pre-set program can be customized in the P1 or P2 mode. After making the program selection, the center window will read "OP." "OP" refers to "original program" and is preset. Press the same program button once more, and the center window will read P1. The "P1" mode is now accessed. You can now program the Time, Speed, and Incline in P1 mode, which will save your entered information for future use. The time window will blink. Use the SPEED/TIME + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED/TIME window will now be flashing. Using the same + or – arrows, select the speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or – arrows to set your workout incline, then press ENTER PROGRAM. To start, press the START/STOP button. To access P2 mode, press the selected program button three times (once for OP, twice for P1, three times for P2). Follow the above procedure to customize.
- **TO CHANGE A PREVIOUSLY PROGRAMMED P1, P2, or user program:** Once you have programmed the P1 or P2 modes, you will need to use the PAUSE button to change the program you previously entered. For instance, if P1 in Fat Burn has been programmed, to change to a new setting, press the Fat Burn button twice to access P1. Then press the PAUSE button to get the TIME window to flash. Follow the directions above to continue to change the program.



# Program and Operating Instructions

## Heart Rate Control Instructions (980HRS only)

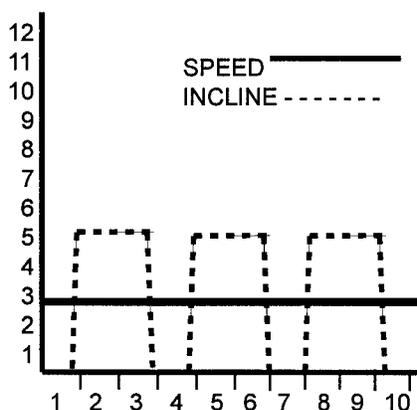
### HEART RATE PROGRAM MODE

The Heart Rate program is designed to keep your heart rate a desired level of “beats per minute” by automatically adjusting the incline. For example, if you have programmed in a desired heart rate of 105 beats per minute and your heart rate is only 95 beats per minute (you must be wearing Heart Rate Transmitter), the incline will automatically increase to intensify the work load, and increase you heart rate to the 105 beats per minute you programmed.

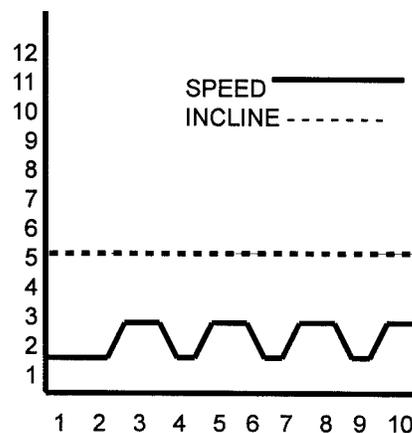
If your heart rate is above your programmed amount of beats per minute the incline will automatically decrease to lower your heart rate. You may at any time during the Heart Rate Program adjust/override the speed and or incline by simply pressing the correct corresponding buttons. You may change your “Target Heart Rate” at ant time during the program by pressing the TARGET + or TARGET – buttons.

- Plug into a standard wall outlet (110-Volt AC, 15-amp circuit). Attach Safety Key to console
- Place the Heart Rate transmitter strap across chest against the skin. Stand on the treadmill and straddle belt.
- Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash. The “Heart” shape on the treadmill will be flashing if the Heart Rate Transmitter is transmitting. Adjust the strap on the chest until the console is picking up a signal.
- For Quick Start, press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or – (decrease) buttons. Heart rate will read out in the Incline window.
- To select the Heart Rate Control program, press the “Heart Rate Control” button.
- The incline window will flash “125”, which is the default program target heart rate.
- Adjust Target Heart Rate to desired level with the TARGET + or – buttons.
- Press START/STOP button, or continue instructions below to program Time, Speed and Incline.
- You can now program the Time, Speed, and Incline. The time window will blink. Use the SPEED/TIME + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED/TIME window will now be flashing. Using the same + or – arrows, select the maximum speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or – arrows to set your maximum workout incline, then press ENTER PROGRAM. To start, press the START/STOP button.

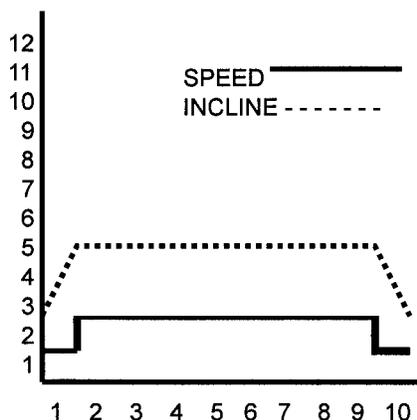
# Program Profiles



The Fat Burn Program is designed to vary treadmill elevation while maintaining a constant walking belt speed.



The Cardio Program is designed to vary treadmill Speed while maintaining a constant elevation.



The Warm Up Program is designed to gradually increase treadmill Speed and elevation in the first segment (warm up) and gradually decrease speed and elevation in the last segment (cool down). This is also known as a plateau program.

# Belt Adjustment and Tension

**WARNING! Do not overtighten rollers! This will cause premature roller bearing failure!**

Belt adjustment and tension performs two functions: adjustment for tension and centering. Your new treadmill comes pre-adjusted from the factory for tension and centering. Please follow the procedures below if the belt shifts left or right or if the belt slips while walking:

## WALKING BELT HAS SHIFTING TO THE LEFT (Diagram 1)

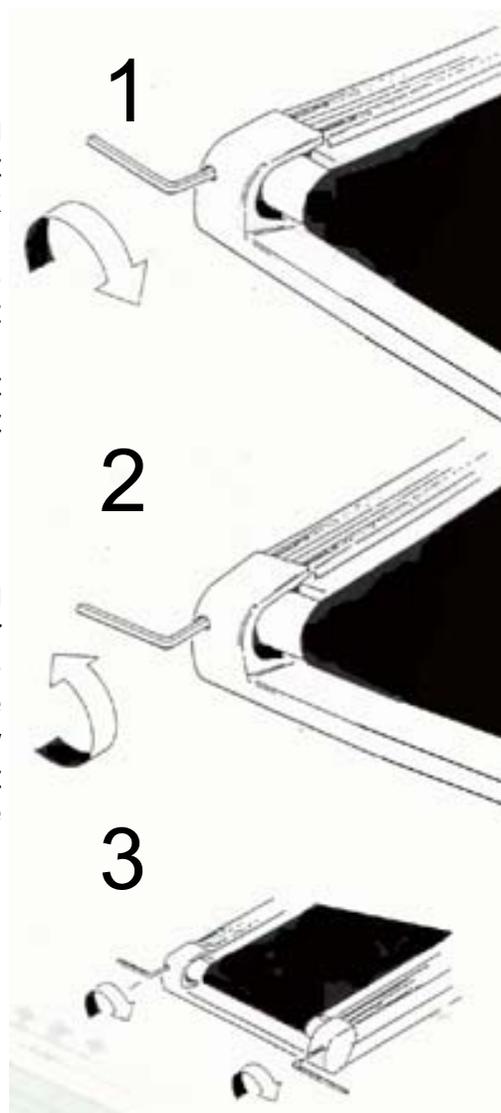
First, unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt  $\frac{1}{4}$  turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer to below to the “Walking Belt Slipping” instructions.

## WALKING BELT HAS SHIFTING TO THE RIGHT (Diagram 2)

First, unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt  $\frac{1}{4}$  turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer to below to the “Walking Belt Slipping” instructions.

## WALKING BELT IS SLIPPING DURING USE (Diagram 3)

First, unplug the power cord from the surge protector. Using the hex key provided, turn both left and right rear roller adjustment bolts the same distance, usually a  $\frac{1}{4}$  turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

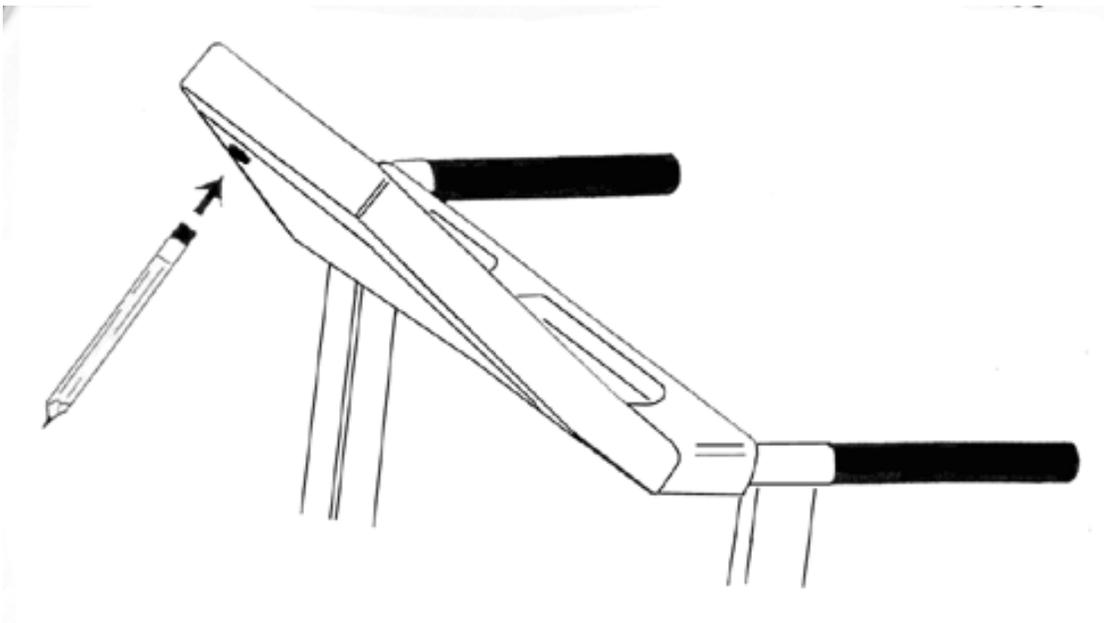




# Change Miles per hour to Kilometers per hour

Your treadmill will operate in British Units (miles per hour) or International Units (kilometers per hour). All treadmills are calibrated at the factory for British Units (miles per hour). To change the display to read in kilometers, follow the steps described here:

- 1) Power is turned OFF on the console. Attach the magnet safety key to the console.
- 2) Activate the calibration mode switch by inserting the eraser end of a pencil into the opening in the backside of the console (see diagram below).
- 3) Depressing the calibration mode switch TWICE and CL21 should appear in the TIME window.  
(On the 980S and 980HRS, 'mph or kph' will be flashing in the SPEED window)
- 4) Pressing the the SPEED +/- button will activate choice, then press "ENTER PROGRAM."
- 5) To accept the setting, press the POWER button.





# Maintenance Instructions

**WARNING!** Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

## CLEANING

Routine cleaning of your Keys Fitness treadmill will extend the life of your treadmill. **WARNING!** To prevent electrical shock, be sure the power to the treadmill is OFF and the unit unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

**AFTER EACH WORKOUT:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. **USE NO CHEMICALS.**

**WEEKLY:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

## DECK LUBRICATION

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance.

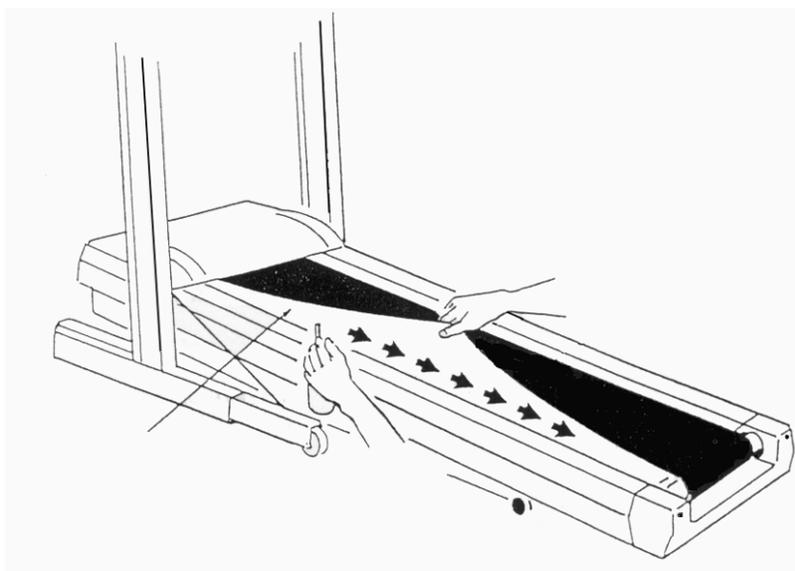
Every 30 days or 30 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use silicone such as "Napa 8300" (available at most stores).

### TO APPLY LUBRICANT TO THE WALKING BOARD

- 1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.
- 2) Insert the spray nozzle into the spray head of the lubricant can.
- 3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
- 4) Allow the silicone to 'set' for one minute before using the treadmill.

**WARNING: Do not overlubricate the walking board. Excess lubricant should be wiped off with a clean towel.**





# Troubleshooting Guide

## Treadmill will not start.

- 1) Is the RED Safety Key Attached to the Console?
- 2) Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet, and the surge protector is turned on. (Refer to "Power Requirements")
- 3) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.
- 4) Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.
- 5) Have an electrician check for inadequate voltage at the outlet.

## Treadmill loses power during use.

- 1) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.
- 2) Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.
- 3) If treadmill still will not operate, please call Keys Technical Service at (888) 340-0482.

## Treadmill walking belt slows during use.

- 1) Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less and the surge protector is securely plugged into the outlet.
- 2) If treadmill still will not operate, please call Keys Technical Service at (888) 340-0482.

## Treadmill walking belt slips or is not centered on rear roller.

- 1) Refer to "Belt Adjustment and Tension" section.
- 2) Need help? Call Keys Technical Service at (888) 340-0482.

## Treadmill Error Messages.

2) Your treadmill is equipped with a software package that enables error messages to be displayed when there is a problem. **To avoid possible damage to the treadmill and the possibility of injury, do not operate the treadmill until the problem is corrected. Call Keys Technical Service at (888) 340-0482.**



## Parts List - 980S Treadmill

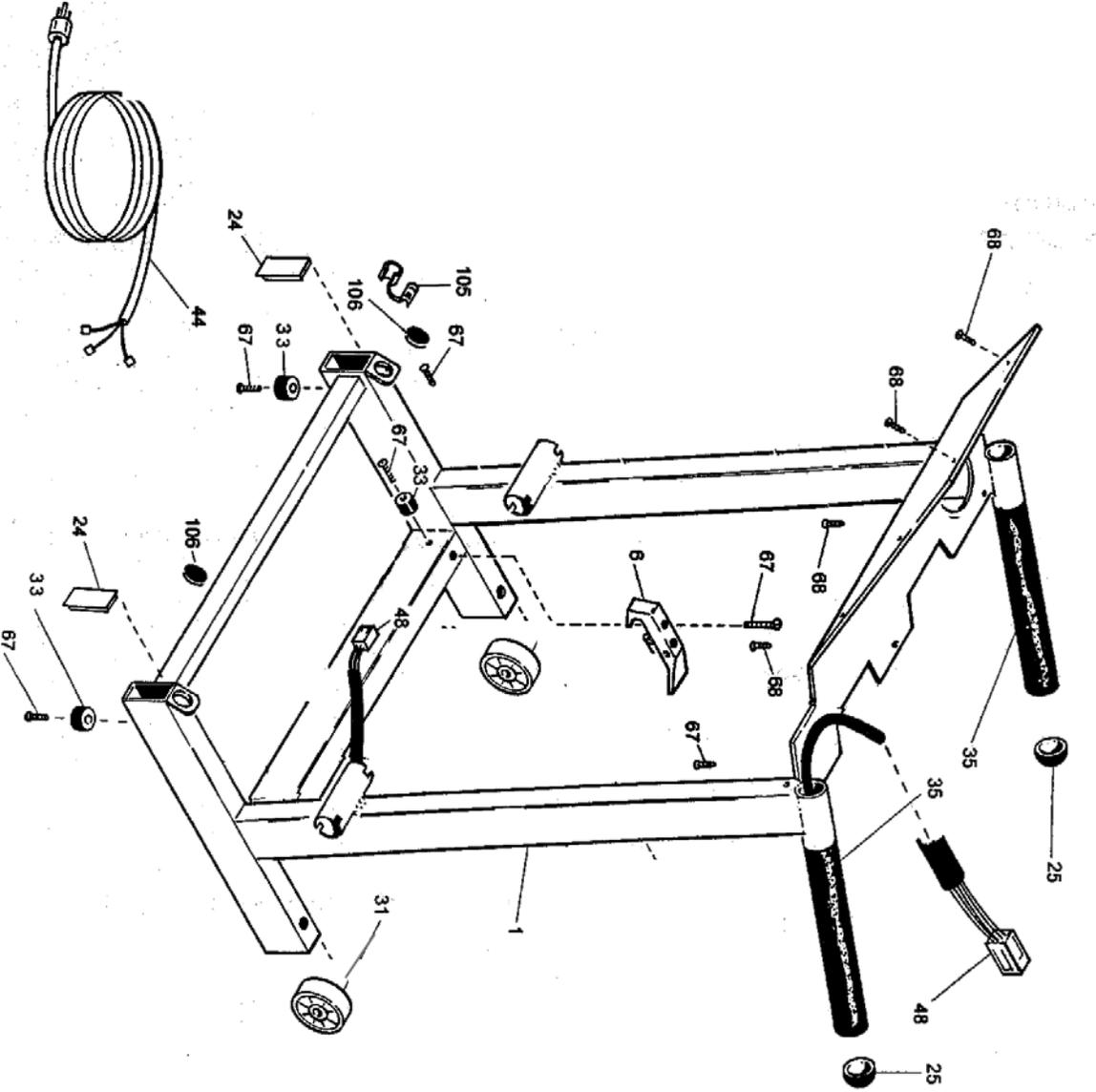
KEY #	PART #	DESCRIPTION	QTY	KEY #	PART #	DESCRIPTION	QTY
1	UP 3K ASSB	4" UPRIGHT ASSEMBLY D. GRY	1	53	08-0004	CIRCUIT BREAKER 15 AMP	1
2	DECK ASSB	DECK ASSEMBLY D GRY	1	54	08-0065	Membrane, center 4 window	
3	ELEV ASSB	ELEVATION ASSEMBLY D. GRY	1	55	11-0002	REAR ELEVATION BUSHING	2
				56	11-0003	UPRIGHT PIVOT BUSHING	2
5	19-0010	UPRIGHT PIVOT BRACKET	2	57			1
6	19-0013	SAFETY LATCH	1	58	14-0069	END CAP DECAL	2
7	19-0014	MOTOR MOUNTING BRACKET	1	59	14-0145	CONSOLE DECAL 980S	1
8	19-0015	MOTOR COVER BRACKET	6	60	XX-0032	MOTOR COVER DECAL 980S	1
9	19-0029	OPTICAL WHEEL BRACKET	1	62	14-0024	SAFETY LATCH DECAL N/S	1
10	19-0019	BELT GUIDE	2	63	14-0025	WARNING FOLDING DECAL N/S	1
				64	14-0026	WARNING CONSOLE DECAL N/S	1
12	19-0032	SPRING ANCHOR BRACKET	2	65	02-0078	MOTOR TENSION SPRING	1
13	06-0018	BASE PAN MOTOR	1	66	02-0002A	DECK LIFT SPRING	4
				67	02-0004	SCREW, 8X 5/8 PHIL PH	57
				68	02-0005	SCREW, 8X 5/8 PHIL PH HILO	8
16	05-0007	SIDE BOARD EXTRUSION	2	69	02-0006	BOLT, 5/16 X 5 - 1/2 SHOULDER BOLT	1
17	06-0027	PIVOT SUPPORT COVER	2	70	02-0007	5/16-18 NYLOCK NUT	4
19	06-0003	PULLEY vx0086 8 GR not shown	1	71	02-0008	SCREW, 5/16-18 X 3/4 HEX	3
21	06-0073	3-PC LCD CENTER Plastic Console 4 wdw	1	72	02-0009	NUT, 5/16-18 WHIZLOC	3
22	06-0080	FAN 5" 8mm bore	1	76	02-0013	LOCK WASHER, 1/4	8
23	06-0020	BASE PAN END	1	77	02-0014	SCREW, 1/4-20 X 2 - 1/2 HEX	10
24	06-0004	BASE PLUG	2	78	02-0015	SPRING WASHER	4
25	06-0005	DOME PLUG	4	79	02-0016	SCREW, 3/8-16 X 2 - 1/2 HEX	1
26	06-0025	MOTOR COVER	1	80	02-0017	NUT, 3/8-16 NYLOCK	2
27	06-0008	END CAP	1	81	02-0018	PUSH NUT, 3/8 HAT	4
				82	02-0019	CARRIAGE BOLT 10-24 X 1-1/2	4
29	06-0019	BASE PAN CENTER	1	83	02-0020	SCREW, 1/4-20 X 2-1/2 SOCKET HEAD	2
30	06-0011	2" ROLLER WHEEL	2	84	02-0021	WASHER, 9/32 X 5/8 X 1/8	3
31	06-0012	3" ROLLER WHEEL	2	85	02-0022	NUT, 10-24 NYLOCK	4
32	06-0013	UPRIGHT SPACE	2	87	02-0024	CARRIAGE BOLT 5/16 X 1	2
33	10-0004	RUBBER FOOT	3	88	02-0025	WHEEL AXLE	2
34	10-0002	BOARD ISOLATOR	8	89	02-0026	PUSH NUT	10
35	10-0005	FOAM GRIP	2	91	02-0028	SAFETY KEY	1
36	08-0077	FERRITE CORE	1	93	02-0030	SCREW, 8-32 X 5/8 HEX TRILOBE	1
37	12-0022	ACTUATOR (ELEVATION MOTOR)	1	94	02-0031	SCREW, 3/8-16 X 1 3/4 HEX	1
38	12-0016	DRIVE MOTOR	1				
39	03-0003	WALKING BOARD	1				
40	04-0008	WALKING BELT 18" X 105"	1	97	02-0034	SCREW, 8-32 X 5/8 PPH N/SHOWN	1
41	04-0004	POLY V BELT	1	98	02-0035	NUT, 8-32 NYLOCK NOT SHOWN	4
42	09-0012	FRONT ROLLER ASSEMBLY	1	99	02-0036	SCREW, GREEN HEAD 8 X 5/8 PPH	2
43	09-0013	REAR ROLLER	1	101	02-0038	HEX WRENCH 3/16 NOT SHOWN	1
44	13-0011	POWER CORD	1				1
45	13-0003	ENCODER HARNESS	1				1
46	14-0155	OVERLAY OPERATION	1	104	14-0027	EMERGENCY STOP DECAL	1
47	14-0156	OVERLAY CUP HOLDER	1	105	06-0014	BUSHING, STRAIN RELIEF	1
48	13-0016	CONTROL PANEL HARNESS	1	107	06-0016	WIRE TIES NOT SHOWN	10
49	13-0007	JUMPER WIRE 6" NOT SHOWN	1	108	06-0021	WIRE CLAMP NOT SHOWN	5
50	07-0027	UPPER LCD ELECTRONICS	1	109	06-0022	RESET GUIDE TUBE NOT SHOWN	1
51	08-0014	MOTOR CONTROLLER	1	110	06-0024	HEX WRENCH CLIP NOT SHOWN	1
52	08-0047	OPTICAL ENCODER	1	111	10-0007	6" CROSS HANDLEBAR FOAM GRIP	



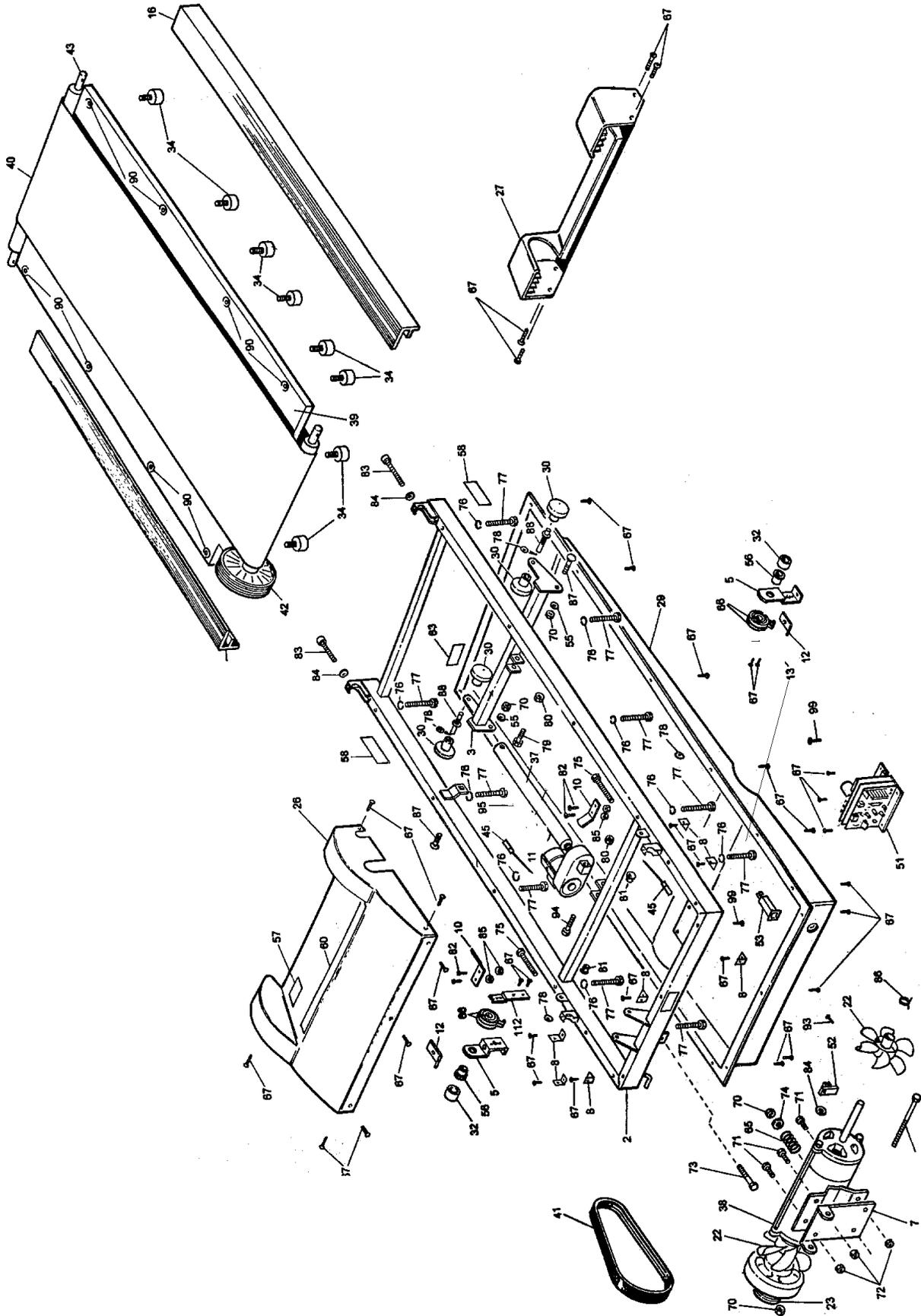
## Parts List - 980HRS

KEY #	PART #	DESCRIPTION	QTY	KEY #	PART #	DESCRIPTION	QTY
1	UP 3K ASSB	4" UPRIGHT ASSEMBLY D. GRY	1	53	08-0004	CIRCUIT BREAKER 15 AMP	1
2	DECK ASSB	DECK ASSEMBLY D GRY	1	54	13-0017	TELCO HARNESS FOR HEART RATE	1
3	ELEV ASSB	ELEVATION ASSEMBLY D. GRY	1	55	11-0002	REAR ELEVATION BUSHING	2
4	SES EXT	S.E.S. EXTENSION TUBE D. GRY	2	56	11-0003	UPRIGHT PIVOT BUSHING	2
5	19-0010	UPRIGHT PIVOT BRACKET	2				
6	19-0013	SAFETY LATCH	1	58	14-0069	END CAP DECAL	2
7	19-0014	MOTOR MOUNTING BRACKET	1	59	14-0154	CONSOLE DECAL 980HRS	1
8	19-0015	MOTOR COVER BRACKET	6	60	XX-0036	MOTOR COVER DECAL 980HRS	1
9	19-0029	OPTICAL WHEEL BRACKET	1	62	14-0024	SAFETY LATCH DECAL N/S	1
10	19-0019	BELT GUIDE	2	63	14-0025	WARNING FOLDING DECAL N/S	1
				64	14-0026	WARNING CONSOLE DECAL N/S	1
12	19-0032	SPRING ANCHOR BRACKET	2	65	02-0078	MOTOR TENSION SPRING	1
13	06-0018	BASE PAN MOTOR	1	66	02-0002A	DECK LIFT SPRING	4
				67	02-0004	SCREW, 8X 5/8 PHIL PH	57
				68	02-0005	SCREW, 8X 5/8 PHIL PH HILO	8
16	05-0007	SIDE BOARD EXTRUSION	2	69	02-0006	BOLT, 5/16 X 5 - 1/2 SHOULDER BOLT	1
17	06-0027	PIVOT SUPPORT COVER	2	70	02-0007	5/16-18 NYLOCK NUT	4
19	07-0041	HEART RATE CHEST STRAP no t shown	1	71	02-0008	SCREW, 5/16-18 X 3/4 HEX	3
21	06-0053	3-PC LCD CENTER PLASTIC CONSOLE	1	72	02-0009	NUT, 5/16-18 WHIZLOC	3
22	06-0080	FAN 5" 8mm bore	1	76	02-0013	LOCK WASHER, 1/4	8
23	06-0020	BASE PAN END	1	77	02-0014	SCREW, 1/4-20 X 2 - 1/2 HEX	10
24	06-0004	BASE PLUG	2	78	02-0015	SPRING WASHER	4
25	06-0005	DOME PLUG	4	79	02-0016	SCREW, 3/8-16 X 2 - 1/2 HEX	1
26	06-0025	MOTOR COVER	1	80	02-0017	NUT, 3/8-16 NYLOCK	2
27	06-0008	END CAP	1	81	02-0018	PUSH NUT, 3/8 HAT	4
28	06-0009	S.E.S. EXTENSION GLIDE	4	82	02-0019	CARRIAGE BOLT 10-24 X 1-1/2	4
29	06-0019	BASE PAN CENTER	1	83	02-0020	SCREW, 1/4-20 X 2-1/2 SOCKET HEAD	2
30	06-0011	2" ROLLER WHEEL	2	84	02-0021	WASHER, 9/32 X 5/8 X 1/8	3
31	06-0012	3" ROLLER WHEEL	2	85	02-0022	NUT, 10-24 NYLOCK	4
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33	10-0004	RUBBER FOOT	3	88	02-0025	WHEEL AXLE	2
34	10-0002	BOARD ISOLATOR	8	89	02-0026	PUSH NUT	10
35	10-0005	FOAM GRIP	2	91	02-0028	SAFETY KEY	1
36	07-0020	HEART RATE RECEIVER NOT SHOWN	1	93	02-0030	SCREW, 8-32 X 5/8 HEX TRILOBE	1
37	12-0022	ACTUATOR (ELEVATION MOTOR)	1	94	02-0031	SCREW, 3/8-16 X 1 3/4 HEX	1
38	12-0016	DRIVE MOTOR	1				
39	03-0003	WALKING BOARD	1				
40	04-0008	WALKING BELT 18" X 105"	1	97	02-0034	SCREW, 8-32 X 5/8 PPH N/SHOWN	1
41	04-0004	POLY V BELT	1	98	02-0035	NUT, 8-32 NYLOCK NOT SHOWN	4
42	09-0012	FRONT ROLLER ASSEMBLY	1	99	02-0036	SCREW, GREEN HEAD 8 X 5/8 PPH	2
43	09-0013	REAR ROLLER	1	101	08-0088	MEM, LED CUP PROGRAM 980HRS	1
44	13-0011	POWER CORD	1	102	08-0093	MEM, LCD POWER 980HRS	1
45	13-0003	ENCODER HARNESS	1	103	02-0040	GUIDE TUBE RETAINER NOT SHOWN	1
46	14-0144	OVERLAY POWER 980HRS	1	104	14-0027	EMERGENCY STOP DECAL	1
47	14-0147	OVERLAY PROGRAM 980HRS	1	105	06-0014	BUSHING, STRAIN RELIEF	1
48	13-0016	CONTROL PANEL HARNESS	1	107	06-0016	WIRE TIES NOT SHOWN	10
49	13-0007	JUMPER WIRE 6" NOT SHOWN	1	108	06-0021	WIRE CLAMP NOT SHOWN	5
50	07-0013	UPPER LCD ELECTRONICS	1	109	06-0022	RESET GUIDE TUBE NOT SHOWN	1
51	08-0014	MOTOR CONTROLLER	1	110	06-0024	HEX WRENCH CLIP NOT SHOWN	1
52	08-0047	OPTICAL ENCODER	1	111	10-0007	6" CROSS HANDLEBAR FOAM GRIP	

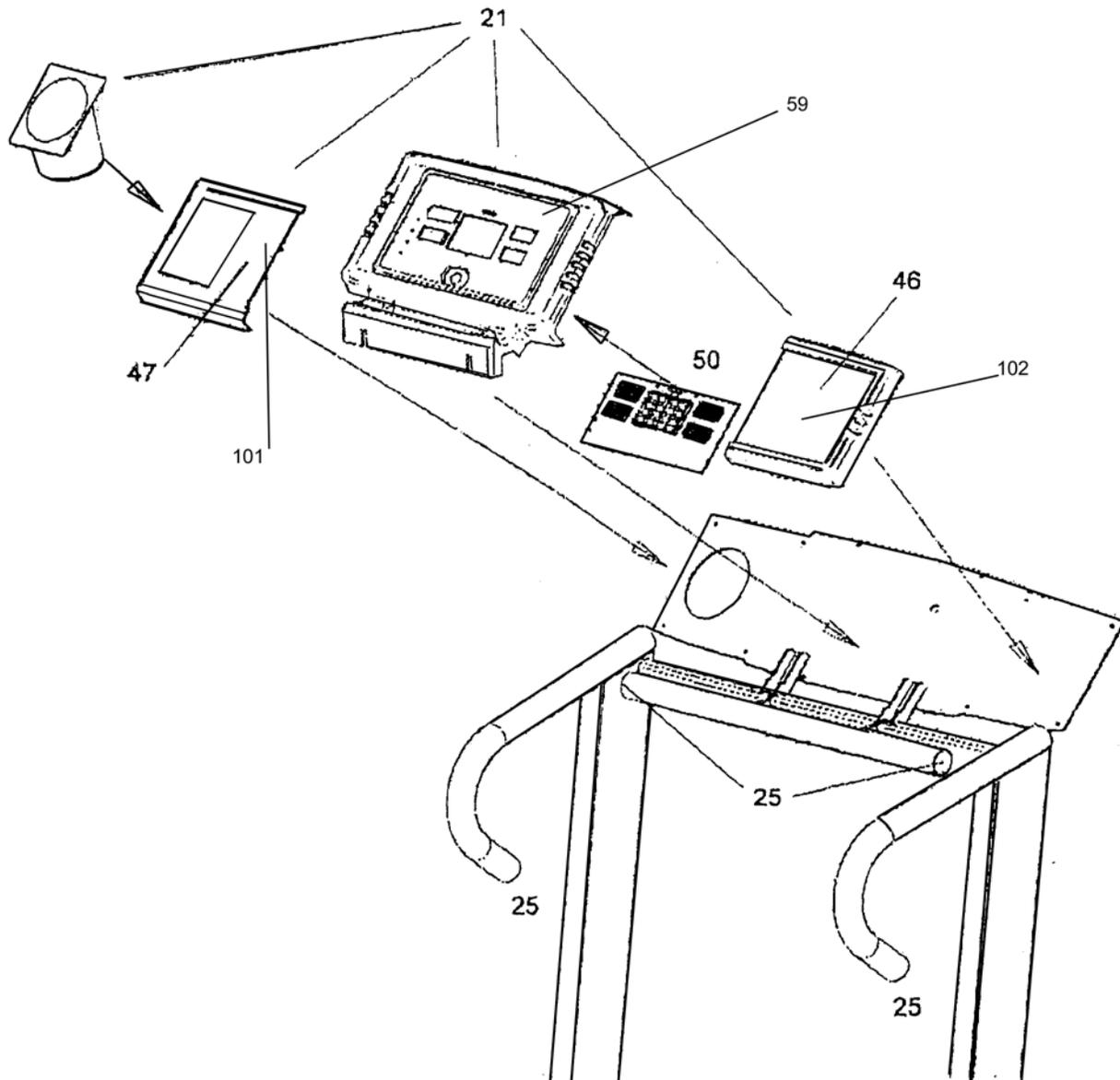
# Exploded View



# Exploded View



# Exploded View





**PLEASE CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.**

This Limited Warranty applies in the United States, Canada, and Mexico to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is (lifetime) on the frame, (2) years on the motor, (1) year on parts, and (1) year labor.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the treadmill is assembled/installed by a Keys Fitness authorized dealer/technician unless otherwise authorized by Keys Fitness in writing (if anyone other than a Keys Fitness authorized dealer/technician assembles a Keys Fitness treadmill the warranty will be void unless accompanied by written authorization by Keys Fitness).

During the warranty period Keys will at no additional charge, repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal non-commercial, personal, family or household use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must contact a Keys authorized service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR TREADMILL WITH KEYS FITNESS PRODUCTS, LP. MADE IN THE USA.

**Thank you for your business! PLEASE MAIL WARRANTY CARD TO:  
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355.**

<b>KEYS FITNESS TREADMILL WARRANTY REGISTRATION</b>			<b>TELEPHONE</b>																						
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Name of store or company where purchased: <input type="text"/> How do you plan to use the treadmill? Walk <input type="checkbox"/> Run <input type="checkbox"/> Both <input type="checkbox"/>		Where did you learn about treadmills? TV <input type="checkbox"/> Radio <input type="checkbox"/> Friend <input type="checkbox"/> In Store Display <input type="checkbox"/> Salesperson <input type="checkbox"/> Print ad/flyer <input type="checkbox"/> Internet <input type="checkbox"/>		How important are each feature: <table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">Least</td> <td style="text-align: center;">Most</td> </tr> <tr> <td>Unique Features</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Horsepower</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Warranty</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Price</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Look/Design</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td>Folding Feature</td> <td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>		Least	Most	Unique Features	<input type="checkbox"/>	<input type="checkbox"/>	Horsepower	<input type="checkbox"/>	<input type="checkbox"/>	Warranty	<input type="checkbox"/>	<input type="checkbox"/>	Price	<input type="checkbox"/>	<input type="checkbox"/>	Look/Design	<input type="checkbox"/>	<input type="checkbox"/>	Folding Feature	<input type="checkbox"/>	<input type="checkbox"/>
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Look/Design	<input type="checkbox"/>	<input type="checkbox"/>																							
Folding Feature	<input type="checkbox"/>	<input type="checkbox"/>																							
Who will use the treadmill? Male <input type="checkbox"/> Female <input type="checkbox"/> Both <input type="checkbox"/>		Why did you purchase a treadmill? Dr.'s Orders <input type="checkbox"/> Loose Weight <input type="checkbox"/> In-home convenience <input type="checkbox"/> Improve Cardiovascular Fitness <input type="checkbox"/> Safety from outdoors <input type="checkbox"/>		Other Comments: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																					
How many family members? <input type="text"/>		Other <input type="text"/>																							
AGE: 15-24 <input type="checkbox"/> 25-34 <input type="checkbox"/> 35-44 <input type="checkbox"/> 45-54 <input type="checkbox"/> 55-64 <input type="checkbox"/> 65+ <input type="checkbox"/>		KEYS FITNESS respects the rights of your privacy. Our company will not sell or distribute to others the information above. This information is used to track our product quality and to contact you in the event of a product safety concern. It may be used to offer you future Keys products only through the mail. Please check here if wish not to receive any additional information on Keys products. <input type="checkbox"/>																							